

Slowed Cooked Chicken (Crock Pot/Slow Cooker)

Ingredients:

1 ½ lbs boneless, skinless chicken thighs

1 jar (28oz) of spaghetti sauce (look for the one low in saturated fat <2g, & sodium <300mg/serving)

1 green and 1 red, orange or yellow bell pepper, sliced

1 medium onion, sliced

3 TBS dry sherry

½ tsp garlic powder

½ tsp onion powder



Directions:

1. Pull skin from chicken thighs and place in a crock pot.
2. Slice peppers and onion and place on top of chicken pieces.
3. Add remaining ingredients gently stirring in spices.
4. Cook covered on low for 8-10 hours or on high 4-6 hours (until chicken is thoroughly cooked).
5. Serve over farro, brown rice, whole wheat or vegetable pasta.

Yield: 6 servings

Estimated nutrient information per serving varies depending on the type of spaghetti sauce selected:
Calories: 251, Total Fat:7 grams, Saturated Fat: 1gram, Sodium: 500-600 mg, Total Carbohydrate: 15-20 grams, Dietary Fiber: 5 grams, Protein: 26 grams